

*Free Programs for People with Cancer
and their Loved Ones*



At the Suzanne Morgan Center in
Philadelphia

Monday, March 22
6:30 - 8:00 PM

Cooking for Life

Juicy Cooking with Citrus



Cooking can be a life affirming activity through hard times and cooking together brings the strength of community. Chef **Suzanne Weltman** brings her expertise to this “hands on” class that will introduce or re-connect participants to the essence of good food and good cooking.

This class will prepare new recipes with citrus to add flavor and zest to healthy cooking.

Learn about ingredients, cooking techniques and have fun!

RSVP by 3/19 at 215-879-7733 or www.twcp.org.

The Wellness Community of Philadelphia
The Suzanne Morgan Center at Ridgeland
Chamounix Drive, West Fairmount Park
Philadelphia, PA 19131

215-879-7733 • www.twcp.org

Lansdale Satellite: The Anne McCouch Center
1000 West Main Street, Lansdale, PA 19446
215-393-9105

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*The mission of  
The Wellness Community is to  
help people affected by cancer  
enhance health and well-being  
through a professional program  
of emotional support, education,  
and hope.*

*All programs and services are  
provided free of charge.*

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